

THE STRUCTURE OF THE MASTERS

YEAR 1, COURSE 1 - MINDFULNESS - This is the entry point to our Mindfulness training and introduces core Mindfulness practices, while training in cultivating kindness.

YEAR 1, COURSE 2 – COMPASSION – This course develops our Mindfulness practice by cultivating an attitude of Compassion towards ourselves and others.

STUDENTS ARE AWARDED A POST GRADUATE CERTIFICATE IF THEY EXIT AFTER YEAR 1.

YEAR 2, COURSE 1 - INSIGHT – This course further develops our Mindfulness practice by supporting an exploration of the unseen habitual patterns of thought that drive us.

YEAR 2, COURSE 2 – PROFESSIONAL ENQUIRY – This course examines research methodology and prepares students for Year 3, by supporting students in a small scale research project, related to Mindfulness in their professional context or a theoretical dissertation.

STUDENTS ARE AWARDED A POST GRADUATE DIPLOMA IF THEY EXIT AFTER YEAR 2.

YEAR 3 – WORK BASED PROJECT or DISSERTATION – This course supports students to carry out a piece of research about Mindfulness in their professional context or to write a theoretical dissertation.

STUDENTS COMPLETING YEAR 3 ARE AWARDED A MASTER OF SCIENCE DEGREE.



OVERVIEW OF THE MASTERS

The aim of this MSc programme is to provide training in mindfulness and explore its application to a chosen professional context. In addition, we offer a teacher training pathway.

Mindfulness is an innate capacity of the mind to be aware of the present moment in a non-judgemental way. It enables us to access inner resources for coping effectively with stress, difficulty and illness. This promotes a way of being that helps us to take better care of ourselves and lead healthier lives.

The Studies in Mindfulness MSc is run as a partnership between the University of Aberdeen and the Mindfulness Association Ltd, with the Mindfulness Association delivering the experiential training in Mindfulness, Compassion and Insight, and the University delivering the academic training.

You can join this MSc programme if you have a first degree or equivalent professional experience, and a professional, work or voluntary context within which to explore mindfulness. The MSc is suitable for beginners as well as those who already have an established mindfulness practice. The training is entirely secular.

The programme includes the following elements:

- Developing a mindfulness practice
- Studying mindfulness – its evidence base, areas of application and critiques
- Researching the application of mindfulness to a chosen professional context, such as health, education or business
- Learning to teach mindfulness in accordance with the guidelines of the UK Network for Mindfulness Teachers

TEACHING MINDFULNESS

We offer a 12 months teaching training pathway, in accordance with the good practice guidelines of the UK Network for Mindfulness Teachers, by offering teaching skills training as part of the Year 1 and 2 retreats, as well as the opportunity to attend a 5 day teaching skills retreat for those who want to teach the 8 week Mindfulness Based Living Course (MBLC).



MASTER OF SCIENCE
DEGREE IN STUDIES IN
MINDFULNESS
AT SAMYE COLLEGE

www.mindfulnessassociation.net

OUR TEACHERS

The University of Aberdeen teachers who deliver the academic trainings on the Masters training are academic experts in the field of Mindfulness and its application in different professional contexts.

The Mindfulness Associations' teachers who deliver the experiential Mindfulness, Compassion and Insight training on the Masters training all meet the UK Good Practice Guidelines for Mindfulness Teachers and are all long term committed Mindfulness meditation practitioners.

UNIVERSITY
OF ABERDEEN
MSc

YEAR 1, COURSE 1 - MINDFULNESS

This course introduces the three elements of the Programme: mindfulness practice, the study of mindfulness (and associated concepts) and the relevance of mindfulness to a self-selected professional, work or voluntary context.

An introduction to developing a sustained, formal mindfulness practice, based upon the unique Mindfulness Association approach, is encompassed within the course.

Throughout the Masters a strong emphasis is placed on experiential learning, and for this reason there are home assignments between weekends that include regular mindfulness practice, daily life exercises and journal writing.



YEAR 1, COURSE 2 - COMPASSION

The key study theme is the role and importance of compassion within mindfulness. This course is unique not only in prioritising the study of compassion but also in developing compassion within mindfulness practice. This course draws on evolutionary psychology, neuroscience and Mahayana Buddhism.

YEAR 2, COURSE 1 - INSIGHT

The Insight and Wisdom course begins with defining both insight and wisdom within cultural contexts and in relation to both mindfulness practice and psychology. The emphasis within the course is upon creating the conditions for insight to arise and for wisdom to follow. Practice is developed through Insight meditation and training.

The Mindfulness, Compassion and Insight courses include two residential weekends of teaching, study and practice at Samye College, plus online learning.

The Mindfulness, Compassion and Insight courses are each assessed through the submission and assessment of a written assignment (6000-8000 words).

There is a Year End Retreat at the end of Years 1 to 3 for deepening practice and developing teaching skills (Years 1 and 2) or developing academic and reflective writing skills (Year 3).

YEAR 2, COURSE 2 – PROFESSIONAL ENQUIRY

This course provides the opportunity for students to critically investigate and improve aspects of their professional practice through research.

The development of knowledge and understanding of the research process is a key element of this course. Students design, implement and analyse a small scale piece of research exploring an important context-specific aspect of their professional practice. One residential weekend at Samye College plus on-line tutor-led group sessions are used at key points to provide support for student learning.

YEAR 3 – WORK BASED PROJECT OR DISSERTATION

This course will support you to frame, specify, plan, implement and report an academic or work-related research-based investigation or development. The work based project/dissertation course requires sustained independent research and you will receive individual or small group supervision. You will also have the opportunity to engage with workshops and online resources as part of a community of researchers in education and related areas.

COURSE LOCATIONS

Year 1 and Year 2 Course Weekends are held at Samye College, near Lockerbie in Scotland and Year 1, 2 and 3 Course Retreats are held at Holy Isle off Arran. The Year 3 course weekend is held at the University of Aberdeen.

For more information, please contact:

info@mindfulnessassociation.net